**REGION V**

**DIVISION 1**

Coaches**,**

My name is Christian Navarro; I am the Regional Director for Region V Division 1. I would like to welcome you and your school to the start of the 2014 Powerlifting season. Communication is important and you can reach me at (956) 250-2076 (cell) or my email is Christian\_navarro2002@live.com or [cnavarro@eeisd.org](file:///C%3A%5CUsers%5Cchristian%5CAppData%5CLocal%5CTemp%5Ccnavarro%40eeisd.org). Please send me your email address and a phone number I can reach you at**.**

**Membership dues –** They must be postmarked no later than **February 1, 2014. Dues are $75.** Mail forms and checks to:

**STATE DUES: POST MARKED BY FEBRUARY 1, 2012   $75.00 MADE TO THSWPA,** **ADDRESS – 14 SAGUA CT Brownsville, TX 78526**

Please note**: Any school that does not have their dues postmarked by February 1, 2014, and wishes to lift in the Regional Meet will have to pay a $200 fine plus $75 THSWPA association dues before your lifters may compete.**

**Invitational Meets –** If you are having a meet, you must get me the results by 4:00 P.M. on the Monday following the meet**. I will not accept results after this time.** It is **your** responsibility to tell the person hosting the meet to send the information to me. **This is important if you are lifting at a meet outside the region.**

Another topic we talked about was improving the process for updating regional standings. If you are hosting a meet, THSPA will provide software from Powerscore to member school free of charge. Download the software from the THSPA website [www.thspa.us](http://www.thspa.us) and use it to score your meet. After your meet you will then be able to send me your meet results via e-mail. Once I receive your meet results, I will upload them directly to the new THSPA website for everyone to view the results. The data from your meet will then be added to the regional standings.

**Rulebooks –** Rulebooks will not be mailed out. If you want a copy of the rulebook you can download it from our website. New rules are highlighted.

**Regional Standings** – Each week I will post totals on the THSWPA Website. If you notice any mistakes, or misspellings, please e-mail me.

**Scholarships** – If you have a senior that is going to attend college, please note the scholarship page on the website. Paperwork will be due at the regional meet.

**Last Date to Qualify –** The last day to qualify is February 15, 2014. All results must be received by 12:00 Midnight on the last qualifying date.

**Regional Meet** – The Regional Meet will be held at Weslaco East Gym on March 1, 2014. Early Weigh-In will be on Friday, February 28, 2013 from 5:00 – 6:30 PM in Weslaco. The Meet can be seen online on Highschoolcube.com for any parent who cannot make the meet. To access it, once you get to the website, type in Edcouch Elsa in the “find an event cube”, and it will direct you to the meet live via the web.

**Fees for the Regional Meet are $35 per lifter.Please make checks payable to Weslaco East Athletics**

**State Meet:** The state meet will be in Corpus Christi on March 14-15, 2014. The 3A and 4A

girls will lift on Saturday and the 1A, 2A and 5A girls will lift on Friday. Entry Fee is $***35 per lifter, extra wrist bands will not be available. Make Checks Payable to THSWPA***

**Rule Clarifications:**

The rule book is posted on the site. We did our best this summer to try and fix certain issues.

**Qualifying for Regional and State Competition:**

The top 10 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 10 of your weight class for your division, reach your weight class’s automatic total or be the top lifter from your UIL classification.

There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class’ automatic total at the Regional meet, or be the top lifter in your UIL classification at the Regional meet.

**State Meet** - The State Meet will be held at the Corpus Christi at the American Bank Center 1901 North Shoreline Boulevard, Corpus Christi, TX 78401 on March 16.

**Fees for State meet are $35 per lifter** Make Checks Payable to THSWPA

Thanks,

Christian Navarro

E-mail: Cnavarro@eeisd.org , Christian\_navarro2002@live.com

Fax: (956) 262-4103

Cell Phone: (956) 250-6032

Address: P.O. Box 127 Edcouch, Texas 78538

**Note: Please fill out the Coach’s Information Sheet. You can fax, e-mail or send it by mail. Thanks.**

 **School**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Coach’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone Number**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-mail Address**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you plan on hosting an invitational meet?**

\_\_\_\_\_\_ **Yes** \_\_\_\_\_\_ **No**

**If yes, when and where**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_